

“Children in Nature Prescription for Health” launched

DOVER – October is “Children in Nature Month,” and to celebrate, the Delaware Children in Nature Coalition is launching a new statewide outdoor activity program for kids – “Children in Nature Prescription for Health.”

Dr. Outdoors Says

Name: You! Date: Start today

DID YOU KNOW?
Twenty one percent of today's kids regularly play outside compared with 71% of their parents. Also, one in three children are overweight and one in six are considered obese.

Rx Get outdoors every day for 30 minutes or more. Not only will you connect with family and friends but possibly lower your blood pressure, help fight ADHD symptoms, reduce anxiety and depression, increase your appreciation for the outdoors and become healthier.

Refill Daily No Substitution

Doctor C. U. Outdoors
Outdoors Recreation Fellows
Delaware Children in Nature Institute

Learn more at delawarecni.org

More than 3,000 “Prescription for Health” cards have been distributed so far in communities throughout the state. They are being offered in schools, doctors’ offices and other organizations and businesses that take part in the state’s Children in Nature Coalition. Kids pick up the “prescription” cards, which list numerous healthy activities and where those activities are being offered. Children who participate in the activities fill in their cards and are then eligible to win free prizes in a monthly drawing. The activities are free of charge.

The program will remain in effect beyond Children in Nature month, and new cards will be available at any time.

The Delaware Children in Nature Coalition is a group of more than 19 partner organizations, including DNREC’s Division of Parks & Recreation, that are Delaware’s leaders in child health and welfare, and environmental education. The coalition identifies and promotes outdoor programs and activities designed to get children to participate in outdoor activities.

Children in Nature Month was first declared by Governor Markell in 2014. That year, more than 219,000 kids and families took part in programs at 16 sites across the state. That number increased to more than 228,000 at 31 sites last year. This year, more than 40 programs have taken place throughout October in all regions of the state. The Children in Nature initiative provides meaningful outdoor experiences and promotes healthy lifestyles for children.

For more information, or to download a ["Prescription for Health"](#) card, visit dnrec.alpha.delaware.gov/children-in-nature/, or call Franchesca Garland, Delaware State Parks, 302-739-9221.